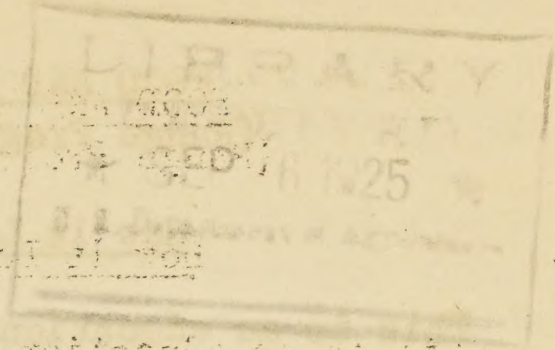


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UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service
Office of Exhibits

A Summary of the Exhibit

FOOD AND HEALTH
(Range Program No. 1)

A booth exhibit showing that proper nutrition is a vital factor in the production of strong, healthy, and bright children.

Specifications

Floor space - - - - - 11' 3" front, 4' 3"
Wall space - - - - - None. (deep.
Shipping weight - - - - - 500 lbs.
Electrical requirements - None.

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How It Looks

This is an educational booth exhibit intended to be of special interest to parents who are interested in raising sturdy, healthy children. Three life-size colored cutout figures, two girls and a boy, form the leading attraction of the exhibit. The children are seen drinking milk, orange juice, and eating graham bread sandwiches.

The lower part of the center panel shows a very pleasant painted country scene while the upper part contains text on child welfare, which is of interest to parents.

The left section is taken up by text concerning the choice of suitable food for children. At the bottom of this section is a colored photographic enlargement showing a variety of foodstuffs. The right section shows two large photographs of the production of home grown table supplies.

The booth is 11' 3" across the front, 4' 3" deep, and 7' 11" high.

What It Tells

Why worry about nutrition? The question was used as a heading for this exhibit on child nutrition because it seem^{ed} to express the attitudes of many mothers of young children. The answer to it should, however, change the attitude of seeming indifference to one of real solicitude: "Because your child may be undernourished, and the undernourished child is handicapped for life."

No mother really chooses to have an undernourished child; certainly, no mother wants her indifference or her failure to inform herself in the principles of child nutrition to be responsible for Mary's knock-knees, John's decayed, uneven teeth, or Frank's ^{dark-}circled eyes and unpleasant breath. Children are not "just made that way." Some physical defects and mental quirks are inherited, but many are the result of the food the child eats during the growing period.

Examine your children for the signs of good nutrition listed in this exhibit:

Vigorous mind and body	Straight, sturdy legs
Happy, good-natured disposition	Straight back, flat
Ready for work or play	shoulder blades
Body erect, strong, and well-developed	Full, rounded chest
Healthy color	Strong, white teeth
	Bright, sparkling
	eyes

If they are lacking, notice the food your children eat at the meal hour. See if all five of these different kinds of food are included each day: Fruit and vegetables, plenty of them, some fresh and raw; milk and other dairy products; eggs, poultry, meat, and fish; bread and other cereals, especially whole-grain products; a small amount of fats and sweets, only enough to make meals appetizing.

If your children seem to be eating the right things at the table and still give evidence of malnourishment, look into their between-meal habits carefully. Sandwiches of graham bread, lettuce, and tomatoes, a combination rich in vitamins and other substances is what the growing body of a child needs. If your children need something to eat in the middle of the half day, they will accept such a "piece" gladly. If they are demanding and getting candy, cake, pie, ice cream cones, and other concentrated sweets, they are probably not only spoiling their appetites for meals but are also upsetting their digestive systems. A well-balanced diet is, if anything, more important for children than adults.

Where to Get Information

Write to the Bureau of Home Economics of the U.S. Department of Agriculture, Washington, D.C., for additional literature on diets for the growing child. Farmers' Bulletin 717, "Food for Young Children", Farmers' Bulletin 712, "School Lunches", and Farmers' Bulletin 1359, "Milk and Its Uses in the Home", are designed to help mothers apply the principles of good nutrition in the feeding of their children.

